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Part 4

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Recipes

Orange Banana Frosty

Makes 2 servings, 1/2 cup each

Ingredients

1 small frozen banana, cut into chunks
1/2 cup plain low-fat yogurt
1/2 cup orange juice

Instructions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Per Serving	
Calories	94 calories
Protein	3 grams
Carbohydrate	18 grams
Fat, total	1 gram

Smoothie

Makes 1 serving, about 12 ounces

Ingredients

1/2 cup cut-up fruit (bananas, strawberries, apples, etc.)
1/2 cup fat-free yogurt
1/2 cup fat-free milk
1/2 cup ice

Instructions

Toss ingredients in a blender. Put the lid on tight, and give it a whirl.

Per Serving	
Calories	146 calories
Protein	9 grams
Carbohydrate	25 grams
Fat, total	1 gram

Bubbling Pineapple Punch

Makes 25 4-ounce servings

Ingredients

3 cups chilled pineapple juice
3/4 cup orange juice
1 quart club soda
2 cups pineapple or orange sherbet

Instructions

1. Mix pineapple juice, orange juice, and club soda together.
2. Drop spoonfuls of sherbet into punch, and stir until nearly melted.

Per Serving	
Calories	36 calories
Protein	0 grams
Carbohydrate	8 grams
Fat, total	0 grams

Recipes

Golden Glow Punch

Makes 30
4-ounce servings

Ingredients

6 ounces frozen orange juice concentrate
6 ounces lemonade concentrate
1 quart chilled apple juice
2 quarts chilled sugar-free ginger ale
1 pint lemon sherbet
ice

Instructions

Mix ingredients together in a large bowl. Add ice. Continue to add ice, as the ice melts.

Per Serving	
Calories	48 calories
Protein	0 grams
Carbohydrate	12 grams
Fat, total	0 grams

Vegetarian Chili

Makes 4 servings,
1-1/2 cups each

Ingredients

2 large onions cut into 1/4-inch pieces
1 green bell pepper cut into 1/4-inch pieces
3 garlic cloves, minced
2 fresh, diced jalapeño chilies
1 tablespoon vegetable oil
1 tablespoon chili powder
1 tablespoon ground cumin
1/4 teaspoon pepper
1 cup chopped, fresh cilantro (or coriander)
1 can (28-ounce) whole tomatoes, low sodium, chopped (or 8 medium fresh)
2 medium zucchini, chopped
2 medium summer squash, chopped
2 cups canned kidney beans, drained and rinsed

Instructions

1. In a large pot, sauté onions, bell pepper, garlic, and jalapeños in oil over medium high heat for about 5 minutes. Stir often.
2. Add chili powder, cumin, pepper, and half of the chopped cilantro. Continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, and squash. Bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans and continue to simmer for another 5 minutes.
6. Serve the mixture hot with remaining cilantro on top.

Per Serving	
Calories	176 calories
Protein	6 grams
Carbohydrate	29 grams
Fat, total	4 grams

Recipes

Brunswick Stew

Makes 8 servings,
1 cup each

Ingredients

1 tablespoon vegetable oil
1 medium sliced onion
2 cups low-sodium chicken broth
2 cups cooked diced chicken or turkey
2 cups canned or cooked tomatoes
2 cups canned or cooked lima beans
2 cups canned or cooked whole-kernel corn

Instructions

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.

Per Serving	
Calories	200 calories
Protein	16 grams
Carbohydrate	22 grams
Fat, total	5 grams

Baked Chicken Nuggets

Makes 8 servings,
3 ounces each

Ingredients

1-1/2 pound chicken thighs, boneless, skinless
1 cup cornflakes, crushed
1 teaspoon paprika
1/2 teaspoon Italian herb seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

Instructions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

CONVENTIONAL METHOD

1. Preheat oven to 400 degrees F. Lightly grease a cookie sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

MICROWAVE METHOD

1. Lightly grease an 8- by 12-inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over. Cut around bone and remove it.

Per Serving	
Calories	114 calories
Protein	17 grams
Carbohydrate	3 grams
Fat, total	3 grams

Recipes

Colorful Quesadillas

Makes 8 servings;
each containing 4 wedges

Ingredients

8 ounces fat-free cream cheese
1/4 teaspoon garlic powder
8 small flour tortillas
1 cup chopped sweet red or green bell pepper
1 cup shredded low-fat cheese
2 cups fresh spinach leaves or 9 ounces frozen, thawed, and squeezed dry

Instructions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Per Serving	
Calories	160 calories
Protein	11 grams
Carbohydrate	21 grams
Fat, total	3 grams

Make Your Own Pizza

Makes 2 servings, each containing 2 muffin halves

Ingredients

2 English muffins, split
1/2 cup pizza sauce
1/2 cup part skim Mozzarella cheese, shredded
4 tablespoons chopped green bell pepper
4 tablespoons sliced mushrooms, fresh or canned
Other vegetable toppings as desired (optional)
Italian seasoning

Instructions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables, and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees F).
5. Heat until cheese melts.

Per Serving	
Calories	262 calories
Protein	14 grams
Carbohydrate	35 grams
Fat, total	6 grams

Recipes

Broccoli Stuffed Spuds

Makes 1 serving

Ingredients

1 medium baked potato
1/2 cup cooked broccoli florets
1 ounce shredded cheese

Instructions

Split hot baked potato. Fill with broccoli and shredded cheese

Per Serving	
Calories	302 calories
Protein	13 grams
Carbohydrate	45 grams
Fat, total	9 grams

Herbed Vegetables

Makes 4 servings, about 1/2 cup each

Ingredients

1 can (16-ounce) vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.)
1/4 cup chopped onion
1/2 teaspoon dried Italian herbs, basil or rosemary (crushed)
1 tablespoon margarine or butter

Instructions

1. Drain vegetables, saving 2 tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

Per Serving	
Calories	48 calories
Protein	1 gram
Carbohydrate	51 grams
Fat, total	3 grams

Baked Crispy Potatoes

Makes 8 servings, 1/2 cup each

Ingredients

4 pounds potatoes
4 tablespoons vegetable oil
1 teaspoon ground cumin
1/4 teaspoon red pepper

Instructions

1. Mix oil, cumin, and red pepper.
2. Wash potatoes; cut in half lengthwise.
3. Place potatoes in 9-inch by 13-inch pan. Coat the potatoes with the oil and spice mixture.
4. Bake at 400 degrees F until potatoes are golden brown and tender, about 30 minutes.

Per Serving	
Calories	120 calories
Protein	4 grams
Carbohydrate	11 grams
Fat, total	6 grams

Recipes

Aloha Coleslaw

Makes 8 servings,
about 1 cup each

Ingredients

1 medium head green cabbage, thinly sliced
1 large carrot, shredded
20-ounce can pineapple chunks, drained
2 tablespoons mayonnaise
1 teaspoon salt

Instructions

In a large bowl, stir together pineapple, mayonnaise, salt, cabbage, and carrots. Prepare at least an hour before serving.

Per Serving	
Calories	60 calories
Protein	1 gram
Carbohydrate	8 grams
Fat, total	2 grams

Chickpea Dip

Makes 8 servings,
3 tablespoons each

Ingredients

15-1/2 ounces chickpeas, canned, drained
2 tablespoons vegetable oil
1 tablespoon lemon juice
2 tablespoons onions, chopped

Instructions

1. Mash chickpeas in a small bowl until they are smooth.
2. Add oil and lemon juice; stir to combine.
3. Add chopped onions.
4. Add other flavorings such as herbs or garlic powder.
5. Serve on bread or crackers.
   Note: Garbanzo bean is another name for chickpea. The chickpeas are easier to mash if they are warmed in the microwave for 1 minute.

Per Serving	
Calories	96 calories
Protein	3 grams
Carbohydrate	13 grams
Fat, total	4 grams

Recipes

5-Layer Bean Dip

Makes 4 servings, 1/2 cup each

Ingredients

1 can (16-ounce) pinto beans
1/4 cup salsa
1/4 cup sour cream, fat-free
1/4 cup reduced-fat cheddar cheese, shredded
1 cup shredded lettuce

Instructions

1. Preheat oven to 400 degrees F.
2. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
3. Spread salsa over beans.
4. Next, spread sour cream.
5. Sprinkle cheese over bean mixture.
6. Place dip in preheated oven. Bake about 8 minutes or until dip is bubbly. Sprinkle lettuce over dip.

Per Serving	
Calories	125 calories
Protein	6 grams
Carbohydrate	21 grams
Fat, total	2 grams

Crunchy Parmesan Toast

Makes 1 serving

Ingredients

1 slice whole-wheat toast
1 teaspoon soft margarine
1 tablespoon grated parmesan cheese

Instructions

Spread margarine on bread. Sprinkle parmesan cheese on bread. Place under broiler and cook until cheese turns slightly brown. Cool and serve.

Per Serving	
Calories	182 calories
Protein	4 grams
Carbohydrate	23 grams
Fat, total	5 grams

Recipes

Watermelon Ice

Makes 1 serving, about 1 cup each

Ingredients

1 cup cubed seedless watermelon
1/2 cup cracked ice
3 teaspoons sugar
A squeeze of lime juice

Instructions

In a blender, place cracked ice, sugar, lime juice, and watermelon. Process until well blended. Pour in a cup and place into freezer until slushy and ready to serve.

Per Serving	
Calories	120 calories
Protein	1 gram
Carbohydrate	30 grams
Fat, total	0 grams

Frozen Fruit Cups

Makes 18 servings, 1 muffin tin cup each

Ingredients

3 bananas
24 ounces fat-free strawberry yogurt
10 ounces frozen strawberries, thawed, with the juice
8 ounces canned crushed pineapple, with the juice

Instructions

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Per Serving	
Calories	50 calories
Protein	2 grams
Carbohydrate	12 grams
Fat, total	0 grams

Pineapple (Milk) Sherbet

Makes 12 1/2-cup servings

Ingredients

1 cup pineapple juice
1-1/3 cups sugar
1/4 cup lemon juice
2 teaspoons grated lemon rind
4 cups low-fat milk

Instructions

1. Combine, in a bowl, the pineapple juice, sugar, lemon juice, lemon rind, and milk.
2. Pour in shallow bowl. Place bowl in freezer, and freeze until slushy.
3. Pour slush into a deep bowl and beat until softened.
4. Return sherbet to shallow bowl, and freeze until of serving consistency.

Per Serving	
Calories	56 calories
Protein	2 grams
Carbohydrate	9 grams
Fat, total	1 gram

Recipes

Peach Topping

Makes 6 1/3-cup servings of topping

Ingredients

1 can peaches, with juice
2 tablespoons honey or corn syrup
1/2 teaspoon cinnamon
2 teaspoons cornstarch
1 tablespoon water

Instructions

1. Coarsely chop peaches; reserve juice.
2. In saucepan mix peaches and juice with honey and cinnamon.
3. Dissolve cornstarch in water; add to peaches.
4. Heat on medium heat until mixture boils and thickens, about 4-5 minutes.
5. Spoon 1/3 cup over slices of angel food cake or hot pancakes.

Per Serving	
Calories	27 calories
Protein	0 grams
Carbohydrate	7 grams
Fat, total	0 grams

Apple Crunch

Makes 6 servings, about 2/3 cup each

Ingredients

1 tablespoon flour
1/3 cup sugar
1 teaspoon ground cinnamon
4 cups peeled, sliced tart apples
2 cups corn flakes, crushed to fine crumbs
1/4 cup flour
1/4 cup firmly packed brown sugar
2 tablespoons margarine or butter, softened

Instructions

1. Combine flour, sugar, and cinnamon. Toss with apples.
2. Place apple mixture in 6-cup casserole.
3. Mix the crushed corn flakes, flour, and brown sugar.
4. Blend with margarine until crumbly.
5. Sprinkle corn flake mixture over apples.
6. Bake at 400 degrees F for 30 minutes until apples are tender.
7. Serve warm.

Per Serving	
Calories	139 calories
Protein	2 grams
Carbohydrate	25 grams
Fat, total	3 grams

Recipes

Peach Apple Crisp

Makes 8 servings, 1/2 cup each

Ingredients

20 oz. canned, sliced peaches, packed in juice, drained.
2 apples, peeled, sliced
1/2 teaspoon vanilla
1/4 teaspoon ground cinnamon
1/2 cup flour
1/4 cup brown sugar, packed
3 tablespoons soft margarine, chilled

Instructions

1. Preheat oven to 350 degrees F. Lightly grease 9- by 9-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 30 minutes.

Per Serving	
Calories	130 calories
Protein	1 gram
Carbohydrate	23 grams
Fat, total	3 grams

Fruited Parfait

Makes 1 serving

Ingredients

1/2 cup low fat yogurt
1/2 cup strawberries
1/4 cup crunchy cereal

Instructions

Layer ingredients in a clear glass bowl. Start with yogurt, then add strawberries. Top with cereal.

Per Serving	
Calories	260 calories
Protein	12 grams
Carbohydrate	45 grams
Fat, total	4 grams

Fruit Log

Makes 2 servings, 1/2 tortilla and 1/2 banana

Ingredients

1 whole-wheat tortilla (6-inch)
1 tablespoon peanut butter
1 medium banana
1 teaspoon maple syrup

Instructions

Spread peanut butter on tortilla. Drizzle syrup on peanut butter. Roll banana up in the tortilla. Cut into 4 equal pieces.

Per Serving	
Calories	167 calories
Protein	5 grams
Carbohydrate	28 grams
Fat, total	8 grams